1-888-340-0482 Monday-Friday 8:30-5:30 Central Time

Keys Fitness Products, L.P. P.O. Box 551239 Dallas, Texas 75355-1239



Keys Fitness Products, L.P. 4009 Distribution Dr. Suite 250 Garland, Texas 75041



OWNER'S MANUAL

QUESTIONS?





315-00029 06/05 Rev B

CAUTION!

Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.



Keys Fitness is committed to quality products that demonstrate our commitment to excellence!

Keys Exercise Bike Model: TRI 6.0r Recumbent

Questions?

Please call if:

- you need assistance about operating your exercise bike
- · parts are missing
- parts become worn or need to be replaced

1-888-340-0482 Monday-Friday 8:30-5:30 Central Time

Please have the following product information available:

- Model Number
- Serial Number
- Part Number
- Description

Before You Start

Thank you for purchasing a Keys exercise bicycle! This quality product you have chosen was designed to meet your needs for cardiovascular exercise

Prior to assembly, remove components from the box. Assembly instructions are described in the following steps and illustrations.

Important Safety Information WARNING!

- 1) Before using this exercise bicycle or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

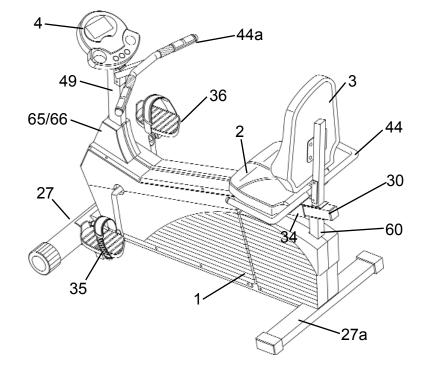
Safety Precautions and Tips

It is the owner's responsibility to ensure that all users of this exercise bike have read the Owner's Manual and are familiar with warnings and safety precautions.

- This exercise bike has a maximum user capacity of 300 pounds.
- This exercise bike should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys recommends an equipment mat be placed under the bicycle to the protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise bike with bare feet, sandals, socks or stockings!
- Always examine your exercise bike before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the exercise bicycle.
- Never operate the exercise bicycle where oxygen is being administered or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- Service to your exercise bike should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys technician. Failure to follow these instructions will void the warranty.

ASSEMBLY PARTS

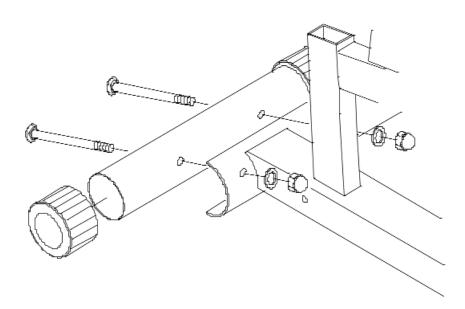
PART	<u>#</u>		
FRAME	1		
SEAT CUSHION	2		
BACK CUSHION	3		
MONITOR	4		
FRONT FOOT TUBE	27		
REAR FOOT TUBE	27a		
SEAT CARRIAGE			
SEAT SUPPORT BRACKET			
PEDALS (LEFT/RIGHT)			
SEAT HANDLEBAR	44		
HANDLEBAR	44a		
CONSOLE TUBE	49		
REAR SUPPORT TUBE	60		
CONNECTING COVER (RIGHT/LEFT)	65/66		



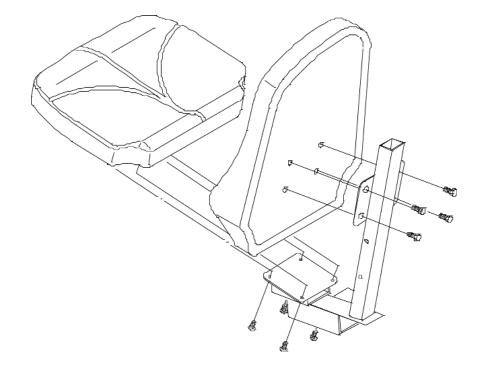
Assembly of the Triumph 6.0r Recumbent Bike

REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING

1. Attach FRONT FOOT TUBE to the FRAME by using the CARRIAGE BOLTS, WASHERS and CAP NUTS.

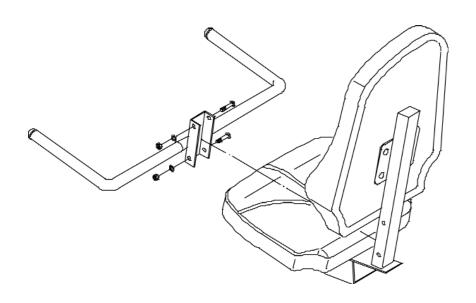


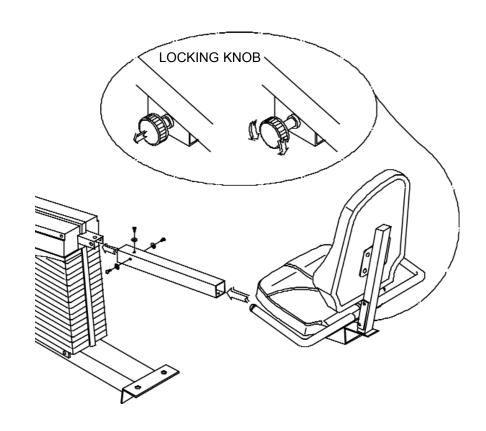
2. Attach the SEAT and BACK CUSHIONS to the SUPPORT BRACKETS with the ALLEN HEAD SCREWS.



. 5

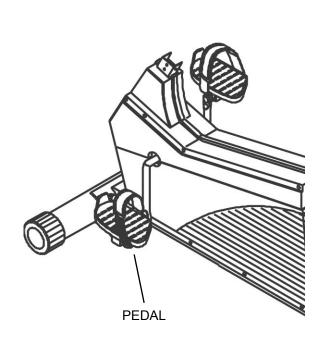
3. Attach the SEAT HANDLEBAR to the SEAT SUPPORT BRACKET with the BUTTON HEAD SCREWS, FLAT WASHERS and LOCK NUTS.

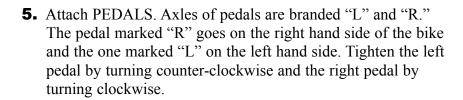


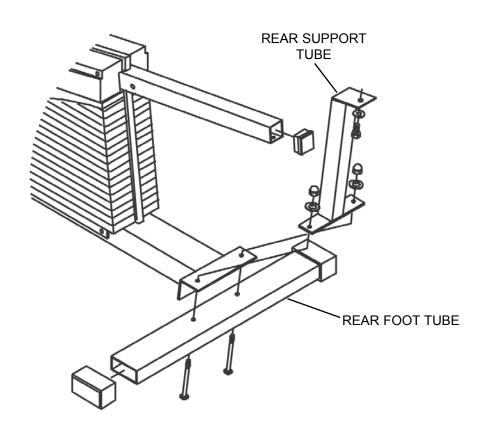


4. Connect SEAT CARRIAGE to FRAME with BUTTON HEAD SCREWS and FLAT WASHERS. Slide SEAT SUPPORT BRACKET onto SEAT CARRIAGE. Screw LOCKING KNOB into SEAT SUPPORT BRACKET and lock into SEAT CARRIAGE.

7

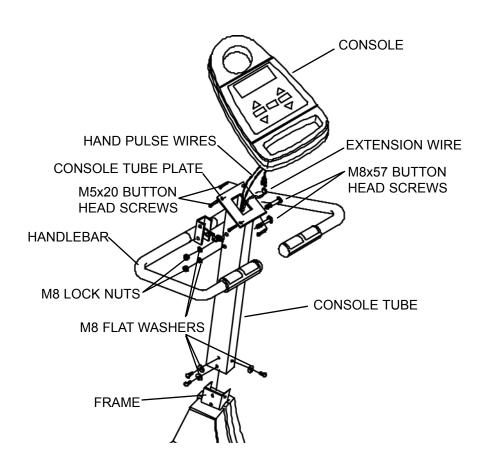






6. Connect REAR SUPPORT TUBE to SEAT CARRIAGE with BUTTON HEAD SCREW. Slide CARRIAGE BOLTS up through REAR FOOT TUBE, FRAME and REAR SUPPORT TUBE. Fasten with FLAT WASHERS and CAP NUTS.

8



7. Attach the HANDLEBAR to the CONSOLE TUBE with BUTTON HEAD SCREWS, FLAT WASHERS and LOCK NUTS. Connect PICK UP WIRE and EXTENSION WIRE from FRAME to those in the CONSOLE TUBE. Carefully plug HAND PULSE WIRES, PICK UP WIRE and EXTENSION WIRE into back of CONSOLE. Make sure wires are securely attached. Connect CONSOLE to CONSOLE TUBE PLATE using BUTTON HEAD SCREWS. Connect CONSOLE TUBE to FRAME with BUTTON HEAD SCREWS and FLAT WASHERS.



INITIAL OPERATING PROCESS

(After the computer is powered on with batteries or adapter connection)

Step One Use UP or DOWN dial to select U1 (User number 1) to U4 (User

number 4) as the user's identification.

Step Two You may turn the right button clockwise or counter-clockwise to

select training mode in MANUAL, PROGRAM (12 profiles), USER or TARGET HEART RATE control (4 different options for training).

Press MODE button to confirm selection.

Step Three You may turn the right button clockwise or counter-clockwise to

adjust the training LOAD/DIFFICULTY level from 1 to 16 in MANUAL, PROGRAM and USER mode (NOTE: excludes

TARGET HEART RATE CONTROL mode). Press MODE button to

confirm selection.

Step Four You may turn the right button clockwise or counter-clockwise to set

function data. When each function data has been set, press MODE to confirm setting. See "Available preset training functions"

for more information.

Step Five Press START/STOP button to start training.

Available preset training functions:

TIME: Preset area is from 00:00-99:00, each increment is 1:00 minute. **DISTANCE:** Preset area is from 0.00-99.90, each increment is 0.10 km or ml.

CALORIES: Preset area is from 0 to 990, each increment is 10 cal. **WATTS:** Preset area is from 10 to 350, each increment is 10 watt.

(WATTS can be preset under MANUAL mode only)

PULSE: Preset area is form 30 to 240, each increment is 1 BPM.

(Excluded in TARGET HR control mode)

TRAINING MODE INSTRUCTION

(To start your training)

As soon as you press START/STOP button without any presets (functions and programs), the computer starts working under Manual mode.

Training without preset Time:

If you do not preset TIME, each column of the workout profile bar graph represents 0.1 km or ml.

Training with preset Time:

If you have preset TIME, each column of the workout profile bar graph represents the total time divided by 16.

Tension difficulty adjustment:

You may adjust the tension load from 1 to 16 during training under Manual mode if you did not preset Watt function. If you have preset WATT, then tension load will be auto-adjusted depending on the current speed and watt values you are generating during your workout.

There will be four different symbols used on the console to help your training:

- ▲ You need to speed up the training speed.
- ▼ You need to slow down the training speed.
- --- This is to remind you that the current WATT is out of spec and you need to speed up or slow down training speed accordingly.
- *** The WATT is over spec. If you keep training at this level for over 1 minute, the computer ALARM with 6 beeps will sound for 30 seconds, and the computer system STOPS automatically. At this moment, LOAD is down to 1 and preset WATT data is zero. During the ALARM period, you can stop ALARM by pressing any function buttons.

Training with 12 profiles:

You can select from P1 to P12 profiles for training. You can also adjust training levels any time during training.

Training with USER:

You can preset your personal training profiles under this mode. During training, you can also adjust training levels any time.

Training in TARGET H.R. control:

The tension difficulty will be auto-adjusted according to the current heart rate figure. If your heart rate figure is under the target pulse, the tension difficulty will be up-adjusted one level per 30 seconds, up to the

CONSOLE INSTRUCTIONS

maximum level 16. As soon as your heart rate figure is achieved at the target pulse, tension difficulty will be down adjusted one level immediately, and keep down-adjusting one level per 15 seconds until level 1. If your current heart rate is still over (or equal to) the target pulse for 30 seconds when tension is level 1, the computer system will STOP and ALARM for 6 beeps to remind you as training protection.

You may select a fixed preset target heart rate percentage or input your personal training target heart rate figures.

Target Pulse with different percentage selected:

You may turn the dial button clockwise or counter-clockwise to set the TARGET HEART RATE figure be zero, then press MODE button. At this moment, you may select the percentage of the heart rate that you will achieve in the training. The computer provides 3 different percentages of the maximum heart rate which is calculated by the CPU according to the inputted AGE data.

Remark: 55%MAX H.R. - If you input age as 30, your target heart rate

will be 104. This figure is 55% of your maximum heart rate figure which is 190 (220 - AGE). The same formula can be

used to have the result for 75%, and 90%.

Target Pulse figure input by yourself:

You may preset your target pulse figure by turning the dial button clockwise or counter-clockwise. As soon as you have preset the target pulse figure, the level will be fixed on level 1 (you can only begin training on level 1). When your actual heart rate has reached over the target, the computer starts to alarm to remind you, and it stops when your heart rate comes under the target.

TO STOP YOUR TRAINING

Training with PRESET function data:

As soon as the preset function data counts down to zero (pulse figures excluded), the computer will beep 8 times to remind you. At this moment, the computer will stop working. You may press START/STOP button to start the computer working and counting up from the previous data.

Interrupt training:

You may press START/STOP button to stop computer working during training any time.

To reset program:

You may press RESET button to reset the PROGRAM and select the training mode and/or tension load under STOP mode. If you hold on pressing the RESET button for 2 seconds, all data (including personal data) will be reset.

BUTTONS

KM/ML SWITCH Located on the back of console used for selection of KM or

ML scale. First remove batteries, select KM or ML, then

replace batteries.

START/STOP To start or stop training.

MODE To select each function of Time, Distance, Pulse, and Watt for

presetting. Used to enter all personal data and function data

settings.

UP/DOWN Turn the dial button clockwise or counter-clockwise to make

all selections and settings.

RECOVERY To have select pulse recovery function.

RESET 1. To reset figures of Time, Distance, Pulse and Watts.

To reset program settings and go back to initial selection mode with Manual, Program, User or Target Heart

Rate blinking display.

FUNCTIONS

TIME Count Up - The computer starts counting up from 00:00 to

99:59 during training.

Count Down - The computer will count down from the preset

Time to 00:00.

SPEED Displays current SPEED from 0.0 to maximum 99.9 km or ml.

DISTANCE Count Up - The computer accumulates total workout distance

from 0.00 to 99.90 km or ml.

Count Down - The computer will count down from the preset

distance to 0.00.

CALORIES Count Up- The computer accumulates the calorie consump-

tion from 0 to 990 cal.

Count Down - The computer will count down from the preset

calories to 0.

This data is a rough guide for comparison of different exercise

sessions that can not be used for medical treatment.

PULSE The user may have their current heart rate BPM (beats per

minute) display after holding both hands on handgrip sensors. To ensure the heart rate readout is accurate, hold both hands on grip sensors. The heart rate figure displays from 0 to 240 BPM. You may preset target pulse to assist the training under Manual, any of the 12 Profiles, or User mode. You can also select a fixed target heart rate percentage for training.

CONSOLE INSTRUCTIONS

Alarm - If you preset the target pulse, the computer will alarm to remind as soon as your current heart rate is achieved at the preset figure.

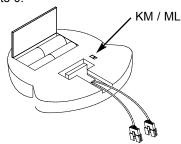
Load tension adjustment - If you preset the target heart rate or target heart rate percentage, the load resistance will be auto-adjusted according to your actual heart rate figure compared with the preset heart rate figure (heart rate control program).

RECOVERY

After exercising for a period of time, stop pedaling, press RECOVERY button then keep holding on handgrip sensors. All function display will stop except TIME. Time starts counting down from 00:60 to 00:00. As soon as 00:00 is achieved, the bottom area of LCD will show your heart rate recovery status with grade F1, F2, F3....F6. F1 is the best and F6 is the worst. You may keep exercising to improve the heart recovery status day by day from F6 up to F1. Press the RECOVERY button again to return the main display.

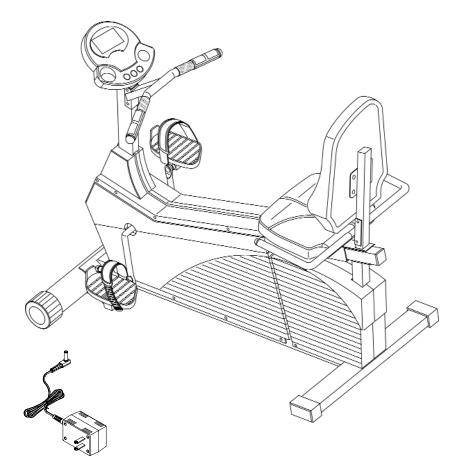
NOTE:

1. To change KM or ML, please remove batteries first. Then, push the switch to select scale (KM or ML), and then install batteries to power on the monitor. The monitor will reset all data to 0.



- 2. When there is no pedaling signal transferred into the computer for 4 minutes, the monitor display will shut off automatically, and all previous training data will be stored. You may press any button to have the computer restart working.
- 3. The monitor can store 4 user's (U1-U4) preset function data. When the monitor is powered on it will display the previous (before power off) user's identification.
- 4. If you press and hold the RESET button for 2 seconds, then all previous training data will cleared.

- 5. If the monitor display is improper, please remove the batteries, wait 2 minutes, then replace the batteries.
- 6. The monitor can be powered on with 4 "C" size batteries or by using the AC adapter input.



Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See *Fitness Safety* on *page 18*.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone- 60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety

The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

220 - age = maximum heart rate (MHR).

MHR x .60 = 60% of your maximum heart rate.

MHR x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:

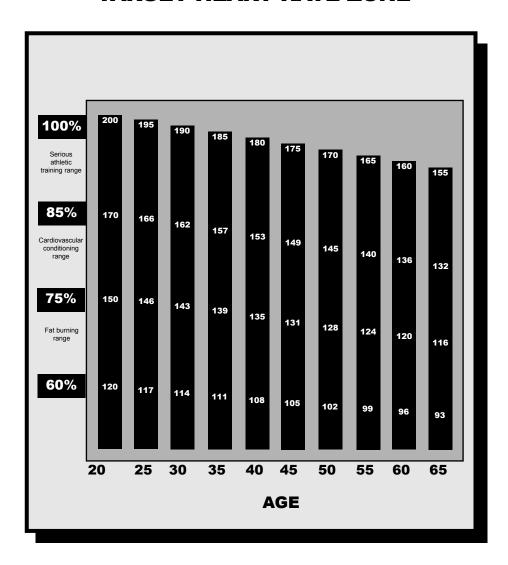
220 - 30 = 190

 $190 \times .60 = 114$ (low end or 60% of MHR)

190 x .75 = 142 (high end or 75% of MHR) For a 30 year-old the (THR) Target Heart Rate would be 114-142.

See Page 19 "Target Heart Rate Zone" for calculations.

TARGET HEART RATE ZONE



TRI 6.0r RECUMBENT PARTS LIST

TRI 6.0r RECUMBENT PARTS LIST

TRI-60.r Parts List Rev B

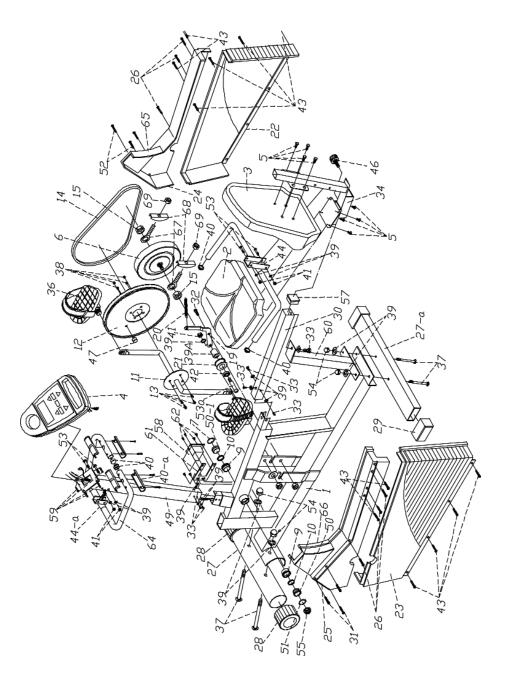
QTY
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TRI-60.r Parts List Rev B

REF#	PART#	DESCRIPTION	QTY
39	302-00486	M8 X 18.8MM FLAT WASHER TRI-6.0R#39	15
39a	302-01151	SPACER TRI-6.0R	1
40	306-00569	1" BALL PLUG, DCV6.0R/TRI-6.0R	2
40a	313-00134	HAND PULSE, TRI-6.0R	2
41	302-00482	M8 LOCKNUT TRI-6.0R#41	2
42	330-00079	IDLER PULLEY BEARING TRI-6.0R DCV6.0R	1
43	302-00472	M4 X 16MM SHEET METAL SCREW TRI-6.0R#43	14
44	323-00062	REAR HANDLEBAR #44	1
44a	323-00030	HANDLE BAR P44A	1
45	302-00477	M6 X 1 LOCKNUT TRI-6.0R#45	1
46	310-00019	CAM LOCK, CM560R/DCV6.0R/CM835/850U /AB900	1
47	302-00039	MAGNET CM535/550/560/750 DCV6.0R U/R	1
48	313-00133	REED SWITCH, TRI-6.0R	1
49	323-00007	CONSOLE TUBE	1
50	331-00015	NOTCHED BEARING NUT CM535/550/560/750 DC	1
50-1	331-00014	SLOTTED BEARING NUT CM535/550/560/750 DC	1
51	331-00017	CRANK WASHER NOTCHED CM535/550/560/750 D	1
52	302-00475	M5 X 8 HEX NUT TRI-6.0R#52	2
53	302-00488	M8 X 45MM BUTTON HEAD SCREW TRI-6.0R#53	2
53a	302-00487	M8 X 38MM BUTTON HEAD SCREW TRI-6.0R#53A	1
54	302-00483	M8 X 1.25 CAP NUT TRI-6.0R#54	4
55	331-00018	CRANK NUT CM535/550/560/750 DCV6.0R U/R	1
56	315-00029	OWNER'S MANUAL TRI-6.0R	1
57	306-00573	2" SQUARE CAP, DCV6.0R/TRI-6.0R	1
58	307-00075	GEARBOX, TRI 6.0R	1
59	302-00473	M5 X 10 BUTTON HEAD SCREW TRI-6.0R#59	4
60	323-00068	REAR SUPPORT TUBE #60	1
61	319-00156	GEAR BOX PLATE ,TRI-6.0R/DCV6.0R	1
62	302-00469	M3.5 X 15MM SHEET METAL SCREW TRI-6.0R#6	3
63	319-00134	HANDLEBAR QUICK ADJUST, TRI-6.0R/DCV6.0R	1
64	306-00572	SLEEVE, DCV6.0R/TRI-6.0R	2
65	305-00087	CONNECTING COVER RIGHT TRI-6.0R	1
66	305-00086	CONNECTING COVER LEFT TRI-6.0R	1
67	302-00317	EYEBOLT #41	2
68	302-00399	ADJUSTMENT CHANNEL ALL MACRO BIKES	2
69	302-00368	6MM HEX NUT MACRO	2
70	302-00474	M5 X 50MM SHEET METAL SCREW TRI-6.0R#70	2
71	313-00131	EXTENSION WIRE, TRI-6.0R	1
72	302-00470	M3X 8MM SHEET METAL SCREW TRI-6.0R#72	2
73	313-00132	SENSOR, TRI-6.0R	1

20 21

TRI 6.0r EXPLODED VIEW



KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: TRIUMPH 6.0r RECUMBENT EXERCISE BIKE

HOME USE WARRANTY: Frame: 2 Years Parts: 1 Years

dealer unless otherwise authorized by Keys Fitness in writing.

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS ON EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keysbranded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS. LP.

MAIL WARRANTY CARD TO: KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355